

# The Counseling Center Monthly Happenings

JUNE 2023



## JUNE EMPLOYEE SPOTLIGHT

*Nathaniel Lukas  
Redekopp*

Our June Employee Spotlight is  
Nathaniel Lukas Redekopp, LPCC!

Better known as Lukas in the office, he provides an array of services here at TCC. From facilitating now 6 different groups, including DBT, PTSD, and LGBTQIA\* support, he also provides individual therapy to teens and adults as well. He is a bilingual therapist that has extensive knowledge in working with individuals in areas including trauma, mindfulness, and working with LGBTQIA\* clients. He also has a history of working with those who suffer from substance misuse and addiction as well mental health disorders. Lukas often has a full caseload due to his specialized therapy and his excellent professionalism & rapport with his clients.

Lukas also brings Animal Assisted Therapy to TCC! He and his working companion, Linus (pictured above) bring smiles and happiness to his clients and all the staff at TCC!

We are so proud to have Lukas & Linus on staff here at TCC! Kudos to everything you do for TCC and our community!

*This Community's Choice for  
Trusted Comprehensive Care*

JUNE IS



National PTSD  
Awareness  
Month



See page 3 for more info about  
PTSD Awareness Month & Pride Month!

### Quote of the Month:

*"Kindness is giving hope to  
those who think they are all alone  
in this world" -Unknown*



## We Are Accepting New Clients!

- MENTAL HEALTH THERAPY!
- SUBSTANCE USE COUNSELING!
- IN-HOME FAMILY SERVICES!
- LGBTQIA\* SUPPORT!
- TELE-MED SERVICES!
- FREE TUTORING!

CALL US TODAY AT (575) 488-2500!  
WE ACCEPT MOST INSURANCES!



# TCC Employee Kindness Challenge!

During the month of May, TCC encouraged our staff to participate in a kindness challenge! Throughout the month, everyone was showered with kind words, yummy treats, and lots of smiles! Learn how you can participate in a workplace kindness challenge here: [Random Acts of Kindness Workplace Challenge](#)



"It has made me feel important, special, and belonging!" -CeCe

"It's like a daily smile to know that you're seen!" -Michele

"It's been great! Everyday getting little notes makes me smile!" -Shawna

## CBPIR Blurb of the Month... PTSD & CHILDREN

MANY OF US HAVE HAD TERRIFYING EVENTS THAT CAUSED US TO EXPERIENCE FRIGHTENING THOUGHTS AND MEMORIES OF AN INCIDENT. THESE EFFECTS FROM THE SHOCKING OCCURRENCE ARE KNOWN AS POST TRAUMATIC STRESS DISORDER (PTSD).

Parents, guardians, and children are at risk for developing PTSD and are affected by the closeness to the relationship, severity, and duration of the trauma. Children must have suitable problem-solving and coping skills and resources such as therapy to create resiliency. Children who experience extreme emotional, physical, and mental distress may have symptoms such as sleep disturbance, depression (loss of interest to do things), easily startled, aggression, regressive behaviors, and physical symptoms such as headaches and stomach aches. Parents could often mistake these symptoms for children acting out or not paying attention, depression, and disassociation.

If you think your child could have PTSD, The Counseling Center is available to set an intake assessment with a Therapist to determine if they need further services.

Parents, do not forget to take care of your needs if you also were affected by a traumatic event.

### TCC LGBTQIA\* SUPPORT GROUPS:

#### LGBTQIA\* Group

Do you identify somewhere along the LGBTQIA\* spectrum? Are you questioning or an Ally? This is a group for exploring & supporting identities.



We meet every Wednesday from 3 pm - 4 pm!

Ages 17 & Under

Participants are interviewed confidentially before attending to support our creation and maintenance of Safe Zone. Call and ask for Lukas.

The Counseling Center: 1900 E. 10th St, Alamogordo, NM 88310 (East Entrance)  
(575) 488-2500 | nlredkopp@tcc-nm.org

#### LGBTQIA\* GROUP

AGES 18 & UP

- Do you identify somewhere along the LGBTQIA\* spectrum?
- Are you questioning or an Ally?

This is a group for exploring & supporting identities.

THURSDAYS FROM 4 PM - 5 PM!

Participants are interviewed confidentially before attending to support our creation and maintenance of Safe Zone. Call and ask for Lukas.

THE COUNSELING CENTER  
1900 E. 10TH STREET (EAST ENTRANCE)  
(575) 488-2500 | NLREDEKOPP@TCC-NM.ORG



#### PARENTS, FAMILY, FRIENDS & PARTNERS OF LGBTQIA\* PEOPLE THERAPY GROUP (for adult participants 18+)

Facilitator: Nathaniel Lukas Redekopp, PhD, LPC, C-DST, CPDT-KA

Group meets every other Wednesday evening at 8:00 pm at The Counseling Center



This therapy group is a supportive, non-judgmental place to work with feelings, connect with resources, and to learn & practice self-care and interpersonal communications skills to more effectively support a LGBTQIA\* loved one in your life. While group participants are adults ages 18 and older, the LGBTQIA\*-identified folks in their lives may be of any age.

To request to join this confidential therapy group, please email nlredkopp@tcc-nm.org or call 575-488-2500. A preliminary screening session may be required if there is no referral from a TCC therapist.



YOUTH GROUP  
WEDNESDAYS  
FROM 3-4PM

ADULT GROUP  
THURSDAYS  
FROM 4-5PM

ALLY GROUP  
EVERY OTHER WEDNESDAY  
FROM 5-6PM

If you, or someone you know, is interested in participating in one of these groups, contact Lukas at [nlredkopp@tcc-nm.org](mailto:nlredkopp@tcc-nm.org) or (575) 488-2500!

## TCC June Birthdays!

BRIDGETTE JONES - JUNE 25

DEE SAMFORD - JUNE 29

JOIN US IN SAYING HAPPY BIRTHDAY TO OUR AMAZING STAFF!

"They say it's your birthday!"

- + CAR SHOW!
- + CRAFT VENDORS!
- + FOOD TRUCKS!
- + 50/50 RAFFLE!

THE COUNSELING CENTER'S  
FIRST FUNDRAISER

# CORNHOLE



## TOURNAMENT

GRAND PRIZE:  
\$400 + TROPHY &  
BRAGGING RIGHTS!

REGISTER YOUR TEAM!  
CHALLENGE YOUR COLLEAGUES!

AUGUST 26  
**2023**  
8:00 AM - 6:00 PM  
LET THE GAMES BEGIN!

1900 E. 10TH STREET, ALAMOGORDO

+ MORE INFO, CONTACT SHAWNA AT (575) 430-6446 OR [SPRATT@TCC-NM.ORG](mailto:SPRATT@TCC-NM.ORG) +

## Overdose Prevention

FREE NARCAN TRAININGS!  
FREE DETERRA BAGS!

AHOBSON@TCC-NM.ORG OR  
JBALDONADO@TCC-NM.ORG



@OteroPDOPS



## Complex PTSD or 'CPTSD'

Post Traumatic Stress Disorder or PTSD has become a condition familiar to most, especially since the Middle East conflicts. We all know that a traumatic event can lead to PTSD, though not always, if that trauma affects our way of life over a six-month period.

An emerging condition, not so well known, is what is called Complex PTSD or CPTSD. In CPTSD, one has suffered multiple traumatic events (can be the same event) over an extensive period of time, like years. The result is someone who has symptoms similar to PTSD except likely more intense. These individuals can also present to clinicians as ADD/ADHD or even borderline personality disorder.

A good indicator to assess for CPTSD is a person with significant childhood abuse over a period of time or having been the victim of trauma, as an adult, over a period of time and are presenting with increased PTSD symptoms.

If you are the victim of on-going trauma over months or years, especially as a child, and have symptoms of PTSD, ADD/ADHD or Borderline Personality Disorder, you may seek professional help to rule out CPSTD.

**According to the National Center for PTSD:**

**Women are more likely to develop PTSD than men.**

**About 8 of every 100 women (8%) & 4 of every 100 men (4%) will have PTSD at some point in their life.**

**About 5 of every 100 adults in the U.S. has PTSD in any given year.**

**In 2020, about 13 million Americans has PTSD.**

## *Pride Month By: Nathaniel Lukas Redekopp, PhD, LPCC, C-DBT (he/him/his)*

### Culturally-Responsive Care

June is Pride Month, and part of this special time is raising awareness about professional standards of care for our diverse clients. If you are a person who identifies as LGBTQIA\*, or if you have a LGBTQIA\* friend, family member, child, or partner, you probably know too well how important and difficult it can be to find safe & appropriate healthcare. My hope is that by reading this article, you will know that this care exists at The Counseling Center! I provide individual & group therapy to diverse clients that considers individuals in the context of their intersecting identities, including but not limited to identities connected with gender and sexual orientation. Culturally-responsive care refers to professionally-recognized standards for working with diverse people, which are summarized below.

Culturally-responsive care communicates to clients that they have inherent worth and are deserving of access to healthcare that is rooted in dignity and respect. When a person feels safe & respected, healing can occur. Working respectfully with diverse individuals requires that healthcare workers bring mindful awareness to their own beliefs, biases, and assumptions and how these can impact interactions with clients. My work with clients continually challenges me to identify and acknowledge my own assumptions, beliefs, and biases. As humans, we all have these. They negatively impact client care when they show up in behaviors that do not support the worth, dignity, potential, and uniqueness of a client. Providing culturally-appropriate care means understanding ourselves and how we show up in the healing relationship. This involves seeking continuing education so that we can understand and address areas where we still need to grow our own awareness, knowledge, and skills. There is always room to grow.

Providing culturally-responsive care to clients, including our LGBTQIA\* clients, means respecting their right to self-determination. Healthcare workers show this when they use culturally-inclusive language: for example, by using a client's chosen name and pronouns during interactions and in documentation. Healthcare organizations show this by using culturally- respectful language on intake forms. Whether or not healthcare workers identify as LGBTQIA\* themselves -- or know for sure whether a client does -- they communicate safety and respect by including their own pronouns when introducing themselves or by including their pronouns in their email signatures.

Participating in culturally-responsive care reduces stigma for diverse individuals & groups and increases positive client response to care. This process can be profoundly enriching for the client as well as for the professionals who serve them. To all of our diverse clients at The Counseling Center: I see you. I support you. You are worthy of care that is rooted in your human dignity.

<https://www.mypronouns.org/what-and-why>

**WANT TO BE ON OUR EMAIL LIST? LET US KNOW!**

**EMAIL US AT: [OUTREACH@TCC-NM.ORG](mailto:OUTREACH@TCC-NM.ORG)!**

